AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions and listings of claims in the application.

LISTING OF CLAIMS:

- 1.-47. (Canceled)
- 48. (New) A cosmetic/pharmaceutical composition comprising an admixture of vitamin A, vitamin C, vitamin E, zinc and selenium in the form of sodium selenite, selenocysteine or selenoyeast, wherein the vitamin A, vitamin C, vitamin E, zinc and selenium, in the form of sodium selenite, selenocysteine or selenoyeast, are the only active agents in the composition.
- 49. (New) The cosmetic/pharmaceutical composition as defined by claim 48, comprising about 0.1 mg to about 3 mg of vitamin A, about 50 mg to about 240 mg of vitamin C, about 10 mg to about 60 mg of vitamin E, about 10 mg to about 40 mg of zinc.
- 50. (New) The cosmetic/pharmaceutical composition as defined by claim 49, comprising about 0.5 mg to about 1.5 mg of vitamin A, about 100 mg to about 140 mg of vitamin C, about 40 mg to about 50 mg of vitamin E, and about 15 mg to about 25 mg of zinc.

- 51. (New) The cosmetic/pharmaceutical composition as defined by claim 48, formulated for oral administration, in a cosmetically/pharmaceutically acceptable vehicle, diluent or carrier therefor.
- 52. (New) The cosmetic/pharmaceutical composition as defined by claim 48, formulated for topical application, in a cosmetically/pharmaceutically acceptable vehicle, diluent or carrier therefor.
- 53. (New) The cosmetic/pharmaceutical composition as defined by claim 48, further comprising an additional antioxidant, a catalase, a peroxidase, a synthetic molecule exhibiting enzymatic activity which mimics a peroxidase, a sulfur-containing amino acid, or combination thereof.
- 54. (New) The cosmetic/pharmaceutical composition as defined by claim 50, comprising about 1 mg of vitamin A, about 120 mg of vitamin C, about 30 mg of vitamin E, about 20 mg of zinc, and about 100 μ g of selenium.
- 55. (New) The cosmetic/pharmaceutical composition as defined by claim 48, wherein the vitamin A is a beta-carotene.
- 56. (New) The cosmetic/pharmaceutical composition as defined by claim 55, comprising about 0.6 mg to about 18 mg of beta-carotene.

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- 57. (New) The cosmetic/pharmaceutical composition as defined by claim 48, formulated as a drinkable solution, syrup, a tablet, or a capsule.
- 58. (New) A cosmetic/pharmaceutical composition comprising an admixture of vitamin A, vitamin C, vitamin E, zinc and selenium in the form of sodium selenite, selenocysteine or selenoyeast, wherein the vitamin A, vitamin C, vitamin E, zinc and selenium, in the form of sodium selenite, selenocysteine or selenoyeast, are the only active agents in the composition, and wherein the selenium is present in an amount between about $70 \mu g$ and about $120 \mu g$.
- 59. (New) The cosmetic/pharmaceutical composition as defined by claim 58, comprising about 0.1 mg to about 3 mg of vitamin A, about 50 mg to about 240 mg of vitamin C, about 10 mg to about 60 mg of vitamin E, about 10 mg to about 40 mg of zinc.
- 60. (New) The cosmetic/pharmaceutical composition as defined by claim 59, comprising about 0.5 mg to about 1.5 mg of vitamin A, about 100 mg to about 140 mg of vitamin C, about 40 mg to about 50 mg of vitamin E, and about 15 mg to about 25 mg of zinc.
- 61. (New) The cosmetic/pharmaceutical composition as defined by claim 58, formulated for oral administration, in a cosmetically/pharmaceutically acceptable vehicle, diluent or carrier therefor.

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- 62. (New) The cosmetic/pharmaceutical composition as defined by claim 58, formulated for topical application, in a cosmetically/pharmaceutically acceptable vehicle, diluent or carrier therefor.
- 63. (New) The cosmetic/pharmaceutical composition as defined by claim 58, further comprising an additional antioxidant, a catalase, a peroxidase, a synthetic molecule exhibiting enzymatic activity which mimics a peroxidase, a sulfur-containing amino acid, or combination thereof.
- 64. (New) The cosmetic/pharmaceutical composition as defined by claim 60, comprising about 1 mg of vitamin A, about 120 mg of vitamin C, about 30 mg of vitamin E, about 20 mg of zinc, and about 100 μ g of selenium.
- 65. (New) The cosmetic/pharmaceutical composition as defined by claim 58, wherein the vitamin A is a beta-carotene.
- 66. (New) The cosmetic/pharmaceutical composition as defined by claim 65, comprising about 0.6 mg to about 18 mg of beta-carotene.
- 67. (New) The cosmetic/pharmaceutical composition as defined by claim 58, formulated as a drinkable solution, syrup, a tablet, or a capsule.

- 68. (New) A regime or regimen for promoting hair growth and/or retarding hair loss, and/or for increasing the mean diameter of strands of hair and/or decreasing the heterogeneity thereof, and/or for increasing hair density, and/or for improving the quality and/or the appearance of a head of hair, and/or for inducing repigmentation of the hair, comprising administering to an individual in need of such treatment, for such period of time as required to elicit the desired effect, a thus effective amount of intimate admixture of vitamin A, vitamin C, vitamin E, zinc and selenium in the form of sodium selenite, selenocysteine or selenoyeast, wherein the vitamin A, vitamin C, vitamin E, zinc and selenium, in the form of sodium selenite, selenocysteine or selenoyeast, are the only active agents in the composition.
- 69. (New) A regime or regimen for promoting hair growth and/or retarding hair loss, and/or for increasing the mean diameter of strands of hair and/or decreasing the heterogeneity thereof, and/or for increasing hair density, and/or for improving the quality and/or the appearance of a head of hair, and/or for inducing repigmentation of the hair, comprising administering to an individual in need of such treatment, for such period of time as required to elicit the desired effect, a thus effective amount of intimate admixture of vitamin A, vitamin C, vitamin E, zinc and selenium in the form of sodium selenite, selenocysteine or selenoyeast, wherein the vitamin A, vitamin C, vitamin E, zinc and selenium, in the form of sodium selenite, selenocysteine or selenoyeast, are the only active agents in the composition, and wherein the selenium is present in an amount between about 70 μg and 120 μg.

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- 70. (New) A cosmetic/pharmaceutical composition comprising an admixture comprising about 0.1 mg to about 3 mg of vitamin A, about 50 mg to about 240 mg of vitamin C, about 10 mg to about 60 mg of vitamin E, about 10 mg to about 40 mg of zinc and about 70 μ g to about 120 μ g of selenium.
- 71. (New) A cosmetic/pharmaceutical composition comprising an admixture comprising about 0.1 mg to about 3 mg of vitamin A, about 50 mg to about 240 mg of vitamin C, about 10 mg to about 60 mg of vitamin E, about 10 mg to about 40 mg of zinc and about 70 μ g to about 120 μ g of selenium, wherein the selenium is in the form of sodium selenite, selenocysteine or selenoyeast.
- 72. (New) A cosmetic/pharmaceutical composition comprising an admixture of vitamin A, vitamin C, vitamin E, zinc and selenium, wherein the vitamin A, vitamin C, vitamin E, zinc and selenium are the only active agents in the composition, wherein the selenium is present in an amount between about 70 μ g and about 120 μ g, and wherein the composition is formulated for oral administration, in a cosmetically/pharmaceutically acceptable vehicle, diluent or carrier thereof.
- 73. (New) A cosmetic/pharmaceutical composition comprising an admixture of vitamin A, vitamin C, vitamin E, zinc and selenium, in the form of sodium selenite, selenocysteine or selenoyeast, wherein the vitamin A, vitamin C, vitamin E, zinc and selenium, in the form of sodium selenite, selenocysteine or selenoyeast, are the only active

agents in the composition, wherein the selenium is present in an amount between about 70 μ g and about 120 μ g, and wherein the composition is formulated for oral administration, in a cosmetically/pharmaceutically acceptable vehicle, diluent or carrier thereof.

- 74. (New) A cosmetic/pharmaceutical composition comprising an admixture of vitamin A, vitamin C, vitamin E, zinc and selenium, in the form of sodium selenite, selenocysteine or selenoyeast, wherein the vitamin A, vitamin C, vitamin E, zinc and selenium, in the form of sodium selenite, selenocysteine or selenoyeast, are the only active agents in the composition, and wherein the composition is formulated for oral administration, in a cosmetically/pharmaceutically acceptable vehicle, diluent or carrier thereof.
- 75. (New) A cosmetic/pharmaceutical composition comprising an admixture comprising about 0.1 mg to about 3 mg of vitamin A, about 50 mg to about 240 mg of vitamin C, about 10 mg to about 60 mg of vitamin E, about 10 mg to about 40 mg of zinc and about 70 μ g to about 120 μ g of selenium, wherein the composition is formulated as a tablet and wherein the vitamin A, vitamin C, vitamin E, zinc, and selenium are the only active agents in the composition.
- 76. (New) A cosmetic/pharmaceutical composition comprising an admixture comprising about 0.1 mg to about 3 mg of vitamin A, about 50 mg to about 240 mg of vitamin C, about 10 mg to about 60 mg of vitamin E, about 10 mg to about 40 mg of zinc

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and selenium, in the form of sodium selenite, selenocysteine or selenoyeast, wherein the composition is formulated in a tablet and wherein the vitamin A, vitamin C, vitamin E, zinc, and selenium, in the form of sodium selenite, selenocysteine or selenoyeast, are the only active agents in the composition.

- 77. (New) A cosmetic/pharmaceutical composition comprising an admixture comprising about 0.1 mg to about 3 mg of vitamin A, about 50 mg to about 240 mg of vitamin C, about 10 mg to about 60 mg of vitamin E, about 10 mg to about 40 mg of zinc and about 70 μ g to about 120 μ g of selenium, in the form of sodium selenite, selenocysteine or selenoyeast, wherein the composition is formulated in a tablet and wherein the vitamin A, vitamin C, vitamin E, zinc, and selenium, in the form of sodium selenite, selenocysteine or selenoyeast, are the only active agents in the composition.
- 78. (New) A cosmetic/pharmaceutical composition comprising an admixture comprising about 0.1 mg to about 3 mg of vitamin A, about 50 mg to about 240 mg of vitamin C, about 10 mg to about 60 mg of vitamin E, about 10 mg to about 40 mg of zinc and about 70 µg to about 120 µg of selenium, wherein the composition is formulated for oral administration.
- 79. (New) A cosmetic/pharmaceutical composition comprising an admixture comprising about 0.1 mg to about 3 mg of vitamin A, about 50 mg to about 240 mg of vitamin C, about 10 mg to about 60 mg of vitamin E, about 10 mg to about 40 mg of zinc

and of selenium, in the form of sodium selenite, selenocysteine or selenoyeast, wherein the composition is formulated for oral administration.

- 80. (New) A cosmetic/pharmaceutical composition comprising an admixture comprising about 0.1 mg to about 3 mg of vitamin A, about 50 mg to about 240 mg of vitamin C, about 10 mg to about 60 mg of vitamin E, about 10 mg to about 40 mg of zinc and about 70 μ g to about 120 μ g of selenium, in the form of sodium selenite, selenocysteine or selenoyeast wherein the composition is formulated for oral administration.
- 81. (New) A cosmetic/pharmaceutical composition comprising an admixture of vitamin A, vitamin C, vitamin E, zinc and selenium, in the form of sodium selenite, selenocysteine or selenoyeast wherein the vitamin A, vitamin C, vitamin E, zinc and selenium are the only active agents in the composition and wherein the composition is a topical anti-hair loss composition.
- 82. (New) A cosmetic/pharmaceutical composition comprising an admixture of vitamin A, vitamin C, vitamin E, zinc and selenium, in the form of sodium selenite, selenocysteine or selenoyeast wherein the vitamin A, vitamin C, vitamin E, zinc and selenium are the only active agents in the composition and wherein the composition is a topical anti-hair loss composition, and wherein the selenium is present in an amount between about 70 μ g and 120 μ g.

- 83. (New) A cosmetic/pharmaceutical composition comprising an admixture of vitamin A, vitamin C, vitamin E, zinc and selenium, in the form of sodium selenite, selenocysteine or selenoyeast wherein the vitamin A, vitamin C, vitamin E, zinc and selenium, in the form of sodium selenite, selenocysteine or selenoyeast, are the only active vitamins and metals in the composition.
- 84. (New) A cosmetic/pharmaceutical composition, comprising an admixture of vitamin A, vitamin C, vitamin E, zinc, selenium in the form of sodium selenite, selenocysteine or selenoyeast and at least one member selected from the group consisting of iron, magnesium, copper, manganese and combinations thereof, wherein the vitamin A, vitamin C, vitamin E, zinc, selenium, in the form of sodium selenite, selenocysteine or selenoyeast and at least one of iron, magnesium, copper, manganese or combinations thereof are the only active agents in the composition, and wherein the selenium is present in an amount of between about 70 μ g and about 120 μ g.